

**IN THE SPECIFICATION:**

Please insert the following paragraph at the beginning of the specification.

This application is a 371 of international application PCT/JP2005/000096, which claims priority based on Japanese patent application No. 2004-005203 filed January 13, 2004, which is incorporated herein by reference.

Please replace the paragraph beginning on page 13, line 2, with the following rewritten paragraph:

[Fig. 5] Fig. 5 is a cross-sectional view, showing elements forming a crank for a bicycle according to another embodiment of the present invention, and showing a portion corresponding to a portion ~~in Fig. 1 as viewed along line X-X' of Fig. 1~~ in Fig. 2 as viewed along line X-X' of Fig. 2.

Please replace the paragraph beginning on page 15, line 20, with the following rewritten paragraph:

Fig. 5 is a cross-sectional view, showing elements forming a crank for a bicycle according to another embodiment of the present invention, and showing a portion corresponding to a portion ~~in Fig.~~

~~1 as viewed along line X-X' of Fig. 1~~ in Fig. 2 as viewed along line X-X' of Fig. 2, and shows an example of a case where at least a part of the outer shell (in this embodiment, over the entire outer circumference of the outer shell) is covered with a fiber-reinforced plastic layer. Fig. 6 is a schematic flow diagram, showing a method for forming the elements of Fig. 5.